



# Gardening...can we dig it? Yes we can!

If you are lucky enough to have a garden, you may already be aware that gardening can make you happier and has health benefits too.

- New research from the University of Exeter and the Royal Horticultural Society has shown that the health and wellbeing benefits from being in the garden are the same as those gained by living in a wealthy area.
- People who spend time in the garden experience increased physical activity and better psychological wellbeing whether working or relaxing, compared to those who don't.
- Other studies have shown that gardening or just being among nature releases cortisol that helps reduce symptoms of stress, anxiety and depression.
- Growing and looking after plants, including vegetables, whether in the garden or in pots on your windowsill, is associated with hopefulness for the future.
- When working in the garden, remember to wear your compression to avoid achy limbs, and try to keep your skin covered to avoid scratches, cuts and bites that could lead to a break in your skin and the risk of infection.
- Make sure you wear sunscreen to avoid sunburn and damage to your skin.
- Take regular breaks to avoid being on your feet for too long and stay hydrated.





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